

Bridgewater Recreation in cooperation with the Somerset Valley YMCA present...

Somerset Valley YMCA Swim Programs

Somerset Valley YMCA Programs are for **Bridgewater Residents Only**. Space is limited; registration is based on first come first serve.

For more information call the Somerset Valley YMCA at (908) 526-0688 or visit them at www.ymcasomersetvalley.org.

All programs will be held at the Somerset Valley YMCA (601 Garretson Road).

Pre-School Swim Lessons

For Boys and Girls Ages 6 months through 6 years old

In-Person Registration through Bridgewater Recreation begins on Thursday, September 7, 2006 from 6:00pm to 7:30pm.

(Inclement weather date, Friday, September 8, 2006). Registration is held at the Bridgewater Municipal Building (700 Garretson Road). Parking will only be available after 5:30pm. After 9/7/06 registration will continue during our normal business hours 9am to 5pm Monday to Friday.

Parent/Child is for children 6 months to 3 years (parent goes in water with child and lessons are conducted in the above ground pool). Focuses on water fun and acclimation, communication creativity, body awareness, sharing and independence. **Beginner with Parent** is for children 2½ to 3½ years (parent goes in water with child). This class is a transition for the child who is close to meeting the requirements for Beginner and for the starting swimmer who is hesitant beginning alone. **Beginner** is for ages 3 to 6 years old (children wear full bubbles and lessons are conducted in the above ground pool). Children who can kick the length of the pool with a barbell, back float with help and paddle stroke the length of the pool in prone position with splashing toes may progress to intermediate. **Intermediate** is for ages 3 to 6 years old (lessons are conducted in the big pool). Covers bobbing, prone float with face in water, rhythmic breathing with barbell, swimming with half bubble, and sitting dives. **Advanced** is for ages 3 to 6 years old. Covers bobbing, standing dives, elementary backstroke, underwater object recovery and finning. Rotary breathing is refined, breaststroke is introduced, treading water, and safety skills are covered. **Session Days and Times are as Follows:**

Mondays

Session #1 – September 11, 18, 25, October 2, 9, 16, 23, 30
Session #2 – November 6, 13, 20, 27, December 4, 11, 18
Session #3 – January 8, 15, 22, 29, February 5, 12, 19, 26

10:00-10:30am Parent/Child
 10:30-11:00am Beginner
 11:00-11:30am Intermediate
 3:00-3:30pm Beginner
 3:30-4:00pm Beginner
 6:00-6:30pm Intermediate
 6:30-7:00pm Beginner
 7:00-7:30pm Intermediate
 7:30-8:00pm Beginner
 8:00-8:30pm Advanced

Session #1: \$96.00
Session #2: \$84.00
Session #3: \$96.00

Wednesdays

Session #1 – September 13, 20, 27, October 4, 11, 18, 25, November 1
Session #2 – November 8, 15, 22, 29, December 6, 13, 20
Session #3 – January 10, 17, 24, 31, February 7, 14, 21, 28

3:00-3:30pm Beginner
 3:30-4:00pm Beginner
 4:00-4:30pm Intermediate
 4:30-5:00pm Beginner
 5:00-5:30pm Advanced
 6:00-6:30pm Beginner w/Parent
 6:30-7:00pm Beginner
 7:00-7:30pm Intermediate
 7:30-8:00pm Advanced

Session #1: \$96.00
Session #2: \$84.00
Session #3: \$96.00

Fridays

Session #1 – September 15, 22, 29, October 6, 13, 20, 27, November 3
Session #2 – November 10, 17, December 1, 8, 15, 22
Session #3 – January 12, 19, 26, February 2, 9, 16, 23, March 2

10:00-10:30am Beginner
 10:30-11:00am Intermediate
 11:00-11:30am Beginner
 3:00-3:30pm Beginner
 3:30-4:00pm Advanced
 4:00-4:30pm Beginner
 4:30-5:00pm Advanced

Session #1: \$96.00
Session #2: \$72.00
Session #3: \$96.00

Saturdays

Session #1 – September 16, 23, 30, October 7, 14, 21, 28, November 4
Session #2 – November 11, 18, December 2, 9, 16, 23
Session #3 – January 13, 20, 26, February 3, 10, 17, 24, March 3

10:00-10:30am Beginner
 10:00-10:30am Intermediate
 10:00-10:30am Advanced
 10:00-10:30am Parent/Child
 10:30-11:00am Beginner w/Parent
 2:00-2:30pm Beginner
 2:30-3:00pm Intermediate

Session #1: \$96.00
Session #2: \$72.00
Session #3: \$96.00

Red Cross Courses Offered at the YMCA!

Registration through the Somerset Valley YMCA (601 Garretson Road)

For more information call the Somerset Valley YMCA at (908) 526-0688 or visit them at www.ymcasomersetvalley.org.

CPR/AED for the Professional Rescuer Challenge Course

This course is for people who have been previously certified in CPR for the Professional Rescuer and need to recertify. This course covers adult, infant, and child CPR as well as BVM's, 2-rescuer CPR, and resuscitation masks. Students may also challenge the Automated External Defibrillator Course (AED) at this time. All participants should review the material prior to attending class. Please note: All students must have their own resuscitation mask to participate! Session #1 will be held on September 13, 2006 from 5:00pm to 7:00pm. Session #2 will be held on December 28, 2006 from 12:00pm to 2:00pm. Registration fee is \$32 for Somerset Valley YMCA members or \$37 for Non-members, payable to "Somerset Valley YMCA."

American Red Cross Lifeguarding Challenge Course

This challenge course is for students previously certified in lifeguarding, who wish to recertify. This program includes the lifeguard training course with aquatic specific First Aid and CPR. Students must bring their own resuscitation mask to class to participate. Students may also challenge the AED and Oxygen Administration courses at this time. A \$15 non-refundable deposit is required to register for the pretest. The remaining balance is due after completing the pretest. Pretest: Everyone must swim 500 yards continuously as follows... 200yards front crawl, 100 yards breaststroke, 200 yards front crawl or breaststroke. Additionally candidates must swim 20 yards, submerge 7 to 10 feet, retrieve a ten-pound brick, and swim 20 yards carrying the brick in both hands. Pretest and class will be held on Thursday, December 28, 2006 from 12:00pm to 6:00pm. Registration fee is \$135 for Somerset Valley YMCA members or \$165 for Non-members, payable to "Somerset Valley YMCA."

Youth Programs

Registration through Bridgewater Recreation begins on Thursday, August 3, 2006.

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the “REC” mailbox located around back of the Municipal Building before or after office hours, via postal service.

Youth Swim Classes For Boys and Girls Ages 7 through 12

The **Beginner** class is the beginning level for school-age children. It gets children acquainted with the pool, the use of floatation devices, and front and back floating. By the end of this level, they should know the front paddle stroke, side and back paddle, and be able to swim the length of the pool with a floatation device and with their face in the water. Diving skills are introduced as well. In **Intermediate**, the children continue to practice and build upon basic skills, now performing more skills without the aid of a floatation device. They are introduced to lead up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More diving skills are taught. In **Advanced**, students work to perform the front and back crawl stroke, elementary backstroke, and sidestroke with turns. They are introduced to the butterfly stroke. They continue to work on diving skills. Beginner classes are held on **Sundays** from 2:00-2:45pm. Intermediate classes are held on **Sundays** from 2:45-3:30pm. Advanced classes are held on **Sundays** from 3:30-4:15pm. **Session # 1 costs \$135.00** – September 17, 24, October 1, 8, 15, 22, 29, November 5; **Session #2 costs \$96.00** – November 12, 19, 26, December 3, 10, 17; **Session #3 costs \$135.00** – January 14, 21, 27, February 4, 11, 18, 25, March 4. Make checks payable to “Somerset Valley YMCA.”

Chess Club & Family Swim For Boys and Girls in Grades 1 through 6

Chess makes kids smarter! How? Chess is all about focusing, concentrating, anticipating, evaluating, thinking concretely, thinking abstractly, visualizing, planning, and learning to juggle about a dozen considerations in your mind all at once. You can improve at all these things! Naturally, what anyone gets out of it is a function of what they put in, but if you make an effort, chess yields rewards. Now add family swim to the mix and you have a great night of fun and learning. By signing up for the chess and swim combination, the immediate family can partake in an hour of swimming (the kiddie pool will be available). Take advantage of an opportunity for your child to learn and have fun as a family. Classes will be held on **Saturdays**. 1st and 2nd grade boys and girls play chess from 6:00-7:00pm followed by Family Swim from 7:00-8:00pm; 3rd, 4th, 5th, & 6th grade boys and girls play chess from 7:00-8:00pm preceded by Family Swim from 6:00-7:00pm. **Session # 1 costs \$75.00 for Chess only or \$95.00 for Chess & Family Swim** – September 16, 23, 30, October 7, 14, 21, 28, November 4; **Session #2 costs \$63.00 for Chess only or \$83.00 for Chess & Family Swim** – November 11, 18, 25, December 2, 9, 16, 23; **Session #3 costs \$75.00 for Chess only or \$95.00 for Chess & Family Swim** – January 13, 20, 26, February 3, 10, 17, 24, March 3. Make checks payable to “Somerset Valley YMCA.”

Water Polo For Boys & Girls Ages 10 through 15

This class is an introduction to the Olympic sport of water polo. Participants will work on swimming skills, offense, defense, and the rules of the game. The program is for ten to fifteen year old swimmers who can tread water for 2 minutes without the use of their hands. The class will have approximately one half hour of instruction on skills and strokes and one half hour of game time. The emphasis of the program is learning water polo basics and having fun! Classes will be held on **Saturdays** from 12:00pm to 1:00pm. **Session # 1 costs \$70.00** – September 16, 23, 30, October 7, 14, 21, 28, November 4; **Session #2 costs \$61.00** – November 11, 18, 25, December 2, 9, 16, 23; **Session #3 costs \$70.00** – January 13, 20, 26, February 3, 10, 17, 24, March 3. Make checks payable to “Somerset Valley YMCA.”

Adult Programs

Registration through Bridgewater Recreation begins on Thursday, August 3, 2006.

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the “REC” mailbox located around back of the Municipal Building before or after office hours, via postal service.

Adult Beginner Swim Lessons

This class is for adults who do not feel comfortable in the water. Non-swimmers are taught basic swimming skills and water safety. Participants will receive 30 minutes of swim lessons and 30 minutes of free swim in the main pool. Classes will be held on Tuesdays from 8:00pm to 9:00pm. **Session #1 costs \$85.00** – September 12, 19, 26, October 3, 10, 17, 24, 31; **Session #2 costs \$74.00** – November 7, 14, 21, 28, December 5, 12, 19; **Session #3 costs \$85.00** – January 9, 15, 23, 30, February 6, 13, 20, 27. Make checks payable to “Somerset Valley YMCA.”

Aqua Exercise (For Adults)

This program consists of a wide variety of exercises developed specifically for the water. This is an effective way of using the surfaces of one's body to increase cardiovascular flow, and to develop the muscular system of the body. This class is appropriate for swimmers and non-swimmers. Classes will be held on Wednesdays from 8:15pm to 9:00pm. **Session #1 costs \$68.00** – September 13, 20, 27, October 2, 11, 18, 25, November 1; **Session #2 costs \$60.00** – November 8, 15, 22, 29, December 6, 13, 20; **Session #3 costs \$68.00** – January 10, 16, 24, 31, February 7, 14, 21, 28. Make checks payable to “Somerset Valley YMCA.”

Guidelines for Bridgewater Recreation Participants

- Non-Members should sign in at the front desk.
- Participants can swim in the kiddie pool one half hour before and after their lessons.
- Noodles are ONLY allowed to be used in the kiddie pool.
- Strollers are not permitted on the pool deck. Strollers should be left in the lobby area.
- Glass of any kind is not permitted on the pool deck.
- Spectators for swim lessons must be sitting on the bleacher side of the pool area. Spectators should not be standing near the classes.
- Children using the opposite gender's locker room or restroom can not be older than 6 years old.
- There are 2 changing booths on the pool deck next to the above ground pool available for parents to change opposite sex children ages 7 and up.

Credit / Refund Policy

Refunds will only be given for classes cancelled by the YMCA. Credits should be requested at the front desk by filling out a "Credit Request Form". A doctor's note is required to receive a credit. Credits will be considered for medical reasons only. Classes cancelled due to weather related emergency closings will not be rescheduled. Participants are encouraged to attend every class. Make-ups are not available. Please note: A \$6.00 service charge will be deducted from all credits and refunds, and there is a \$25.00 charge per instance of returned check / bank draft.

Note to the Parents

Parents are encouraged to observe their child's class for the first and last 5 minutes of the lesson. This will help your child focus on their instructor and not become distracted during their lesson. Please feel free to schedule a time with your child's instructor with any questions or concerns that you may have.



Bridgewater Recreation Fall & Winter 2006/2007

Somerset Valley YMCA Swim Registration Form

If registering more than one class, session, or participant, separate checks and forms are required. Please print legibly.

Participant's Last Name: _____	First Name: _____	Circle Gender: Male or Female
Mailing Address: _____ Town: _____ Zip: _____		
Home Phone #: () _____	Cell Phone #: () _____	
Work Phone #: () _____	E-mail Address #: _____	
Date of Birth: ____/____/____	Age as of Program Start Date: _____	Grade as of September 2006: _____

Pre-School Swim Mondays <input type="checkbox"/> Session #1 - \$96.00 <input type="checkbox"/> Session #2 - \$84.00 <input type="checkbox"/> Session #3 - \$96.00 <input type="checkbox"/> 10:00-10:30am Parent/Child (1) <input type="checkbox"/> 10:30-11:00am Beginner (2) <input type="checkbox"/> 11:00-11:30am Intermediate (3) <input type="checkbox"/> 3:00-3:30pm Beginner (4) <input type="checkbox"/> 3:30-4:00pm Beginner (5) <input type="checkbox"/> 6:00-6:30pm Intermediate (6) <input type="checkbox"/> 6:30-7:00pm Beginner (7) <input type="checkbox"/> 7:00-7:30pm Intermediate (8) <input type="checkbox"/> 7:30-8:00pm Beginner (9)	Pre-School Swim Wednesdays <input type="checkbox"/> Session #1 - \$96.00 <input type="checkbox"/> Session #2 - \$84.00 <input type="checkbox"/> Session #3 - \$96.00 <input type="checkbox"/> 3:00-3:30pm Beginner (11) <input type="checkbox"/> 3:30-4:00pm Beginner (12) <input type="checkbox"/> 4:00-4:30pm Intermediate (13) <input type="checkbox"/> 4:30-5:00pm Beginner (14) <input type="checkbox"/> 5:00-5:30pm Advanced (15) <input type="checkbox"/> 6:00-6:30pm Beginner w/Parent (16) <input type="checkbox"/> 6:30-7:00pm Beginner (17) <input type="checkbox"/> 7:00-7:30pm Intermediate (18)	Pre-School Swim Fridays <input type="checkbox"/> Session #1 - \$96.00 <input type="checkbox"/> Session #2 - \$72.00 <input type="checkbox"/> Session #3 - \$96.00 <input type="checkbox"/> 10:00-10:30am Beginner (20) <input type="checkbox"/> 10:30-11:00am Intermediate (21) <input type="checkbox"/> 11:00-11:30am Beginner (22) <input type="checkbox"/> 3:00-3:30pm Beginner (23) <input type="checkbox"/> 3:30-4:00pm Advanced (24) <input type="checkbox"/> 3:30-4:00pm Intermediate (25) <input type="checkbox"/> 4:00-4:30pm Beginner (26)	Pre-School Swim Saturdays <input type="checkbox"/> Session #1 - \$96.00 <input type="checkbox"/> Session #2 - \$72.00 <input type="checkbox"/> Session #3 - \$96.00 <input type="checkbox"/> 10:00-10:30am Beginner (28) <input type="checkbox"/> 10:00-10:30am Intermediate (29) <input type="checkbox"/> 10:00-10:30am Advanced (30) <input type="checkbox"/> 10:00-10:30am Parent/Child (31) <input type="checkbox"/> 10:30-11:00am Beginner w/Parent (32) <input type="checkbox"/> 2:00-2:30pm Beginner (33) <input type="checkbox"/> 2:30-3:00pm Intermediate (34)
Youth Swim (For Ages 7 – 12) Sundays <input type="checkbox"/> Session #1 - \$135.00 <input type="checkbox"/> Session #2 - \$96.00 <input type="checkbox"/> Session #3 - \$135.00 <input type="checkbox"/> 2:00-2:45 Beginner <input type="checkbox"/> 2:00-2:45 Beginner <input type="checkbox"/> 2:45-3:30 Intermediate <input type="checkbox"/> 2:45-3:30 Intermediate <input type="checkbox"/> 3:30-4:15 Advanced	Chess & Family Swim (For grades 1 – 6) Saturdays from 6:00-8:00pm <input type="checkbox"/> Grades 1 & 2 <input type="checkbox"/> Grades 3 – 6 <input type="checkbox"/> Chess Only <input type="checkbox"/> Chess & Family Swim <input type="checkbox"/> Session #1 - \$75.00(CO)/\$95.00(CFS) <input type="checkbox"/> Session #2 - \$63.00(CO)/\$83.00(CFS) <input type="checkbox"/> Session #3 - \$75.00(CO)/\$95.00(CFS)	Water Polo (For ages 10 – 15) Saturdays from 12:00-1:00pm <input type="checkbox"/> Session #1 - \$70.00 <input type="checkbox"/> Session #2 - \$61.00 <input type="checkbox"/> Session #3 - \$70.00	Adult Beginner Swim Lessons Tuesdays from 8-9pm <input type="checkbox"/> Session #1 - \$85.00 <input type="checkbox"/> Session #2 - \$74.00 <input type="checkbox"/> Session #3 - \$85.00 Aqua Exercise (For Adults) Wednesdays from 8:15-9:00pm <input type="checkbox"/> Session #1 - \$68.00 <input type="checkbox"/> Session #2 - \$60.00 <input type="checkbox"/> Session #3 - \$68.00

Injuries may occur. Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Parent/Guardian Signature (if under 18 years of age) _____	Date _____
Bridgewater Recreation Department P.O.Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday www.bridgewaternj.gov	